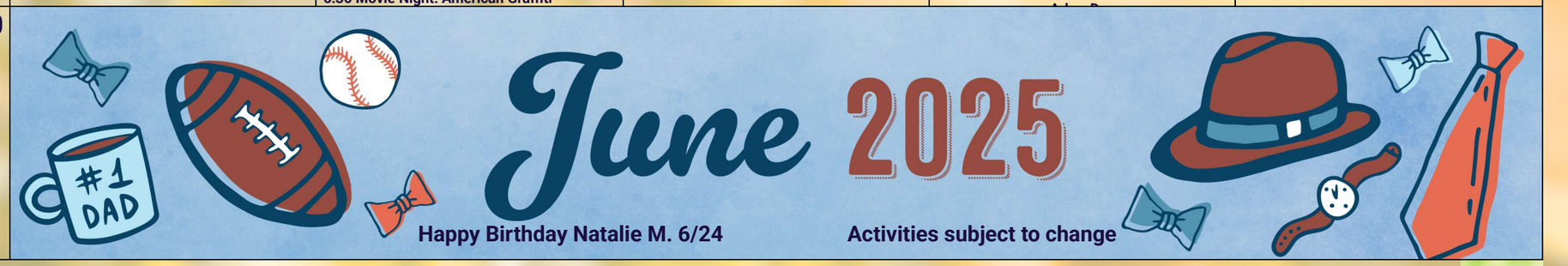
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Walking Club 10:30 Zumba-Chair Exercise w/Gena 11:00 Daily Chronicle & News Discussion 11:15 The Meaning of Shavuot 12:00 Lunch 1:30 Walking Club 2:00 Get Crafty with Gena 4:00 Happy Hour 5:00 Dinner 6:30 Summer Concert Series with Blue Funk Band Shavuot Begins	2 10:00 Walking Club 10:30 Exercise-Cardio Drumming w/Gena 11:00 Daily Chronicle & News Discussion 11:15 Hot Topic: Manners 11:30 Mixology 101: Bees Knees Mocktail Spritz 12:00 Lunch 1:00 Silver Creek Middle Reading Short Stories & Games 2:00 Big Word Little Word 3:00-4:30 Bridge Club 3:00 Seated Football 4:00 Happy Hour 5:00 Dinner 6:30 TV Series: The Residence Final Episode 8	3 10:00 Walking Club 10:30 Tone It Up Tuesday Workout 11:00 Daily Chronicle & News Discussion 11:15 Hot Topic: Education 12:00 Lunch 1:00 Brookside Gardens Butterfly Experience Outing! 1:30 Walking Club 2:00 Afternoon Matinee:Nonna's 4:00 Happy Hour with Karen 5:00 Dinner 6:30 Live Music Opera Performance: Alex Albuquerque!	4 10:00 Walking Club 10:30 Chair Exercise: Tai Chi w/Gena 11:00 Daily Chronicle & News Discussion 11:15 Flower Arranging Club 12:00 Lunch 1:30 Walking Club 2:00 Men's Cool Club-Putting Party! 2:30 Catholic Mass 3:00 VR Cafe 4:00 Happy Hour 5:00 Dinner 6:30 Movie Night: Eat Pray Love	5 10:00 Walking Club 10:30 Chair Exercise 11:00 Daily Chronicle & News Discussion 11:15 Hot Topic: Eleonore Roosevelt 12:00 Lunch 1:00 Silver Creek Middle Reading Short Stories & Games 1:30 Walking Club 2:00 Art Project 3:30 Trivia Games 4:00 Happy Hour w/Bonnie 5:00 Dinner 6:30 Movie Classics: Uncle Buck	6 10:00 Walking Club 10:30 Friday Flex Chair Exercise 11:00 Daily Chronicle & News Discuss 11:15 Hot Topic: Jackie O 12:00 Lunch 1:25 Music Trivia with Jerry 2:00 Shabbat Service 2:00 Bingo 3:00 Name That Tune 4:00 Happy Hour 5:00 Dinner 6:30 Friday Flicks: Little Miss Sunshine	7 10:00 Walking Club 10:30 Chair Exercise 11:00 Daily Chronicle & News Discussion 11:15 Hot Topic: Belmont Stakes Horse Race 12:00 Lunch 1:30 Walking Club 2:00 K.P. Garden Club 2025 2:00 Board Games 3:00 Live Music w/Bob Sykes 4:00 Happy Hour 5:00 Dinner 6:30 Saturday Classics: 50 to 1
8 10:00 Walking Club 10:30 Zumba-Chair Exercise w/Gena 11:00 Daily Chronicle & News Discussion 11:15 Hot Topic: Friendship 12:00 Lunch 1:30 Walking Club 2:00 Yoga with Ashish 3:00 Fun with Science 3:30-Big Word Little Word 4:00 Happy Hour w/Karaoke 5:00 Dinner 6:30 Live Music Performance: Empty Ecstasy National Best Friends Day	9 10:00 Walking Club 10:30 Exercise-Cardio Drumming w/Gena 11:00 Daily Chronicle, News Discussion & Poetry Club 11:30 Mixology 101: Strawberry Lemonade Shrub Mocktail 12:00 Lunch 1:30 Dr. Jenner: Hot Topics 3:00 Handbell Choir w/ Marie 3:00-4:30 Bridge Club 3:00 Seated Basketball 4:00 Happy Hour w/Suzi 5:00 Dinner 6:30 TV Series: Yellowstone	10 10:00 Walking Club 10:30 Tone It Up Tuesday Workout 11:00 Pet Therapy with Cooper 12:00 Lunch 1:00 NOVA Wild Zoo Drive Thru Outing! 1:30 Walking Club 2:00 Afternoon Matinee: Top Gun 4:00 Happy Hour with Karen 5:00 Dinner 6:30 Get Crafty with Gena: Pressed Flower Art & Sip Party!	11 10:00 Walking Club 10:30 Chair Exercise: Tai Chi w/Gena 11:00 Daily Chronicle & News Discuss 11:30 Big Word Little Word 12:00 Lunch 12:00 Men's Pizza & Beer Lunch! 1:30 Walking Club 2:30 Catholic Mass 3:30 VR Cafe 4:00 Happy Hour w/Trivia 5:00 Dinner 6:30 Movie Night: Casablanca	12 10:00 Walking Club 10:30 Chair Exercise 11:00 Pet Therapy with Cooper 11:30 Carnival Games 12:00 Lunch 1:30 Walking Club 2:00 Glen Eco Aquarium Presentation with Live Sea Creatures! 4:00 Happy Hour w/Bonnie 5:00 Dinner 6:30 Movie Classics: Street Car Named Desire	13 10:00 Walking Club 10:30 Friday Flex Chair Exercise 11:00 Daily Chronicle & News Discuss 11:15 Hot Topic: Global Warming 11:30 Card Club 12:00 Lunch 1:30 Walking Club 2:30 Water-Coloring Art Project 4:00 Happy Hour 5:00 Dinner 6:30 Live Music Performance: Julia Hall	14 10:00 Walking Club 10:30 Chair Exercise 11:00 Daily Chronicle, News Discuss & Hot Topic: Flag Day Meaning 11:15 Get Crafty: Flags 12:00 Lunch 1:30 Walking Club or Scenic Ride 2:00 K.P. Garden Club 2025 3:00 Bingo 4:00 Happy Hour 5:00 Dinner 6:30 Saturday Classics: Flags of Our Fathers Flag Day (U.S.)
15 10:00 Walking Club 10:30 Boxing Chair Exercise w/Gena 11:00 Daily Chronicle & News Discussion 11:15 Hot Topic: Father's Day 12:00 Father's Day Lunch w/Live Music: Julie Hall 1:30 Walking Club 2:00 Yoga with Ashish 3:30 Brain Games 4:00 Father's Day Happy Hour: Fedoras, Fathers, Fun & Friends! 5:00 Dinner 6:30 Sunday Cinema: Indiana Jones & the Last Crusade Father's Day	16 10:00 Walking Club 10:00 Red Door Escape Room & Copper Canyon Grill Lunch Outing! 10:30 Chair Exercise 11:00 Daily Chronicle & News Discussion 11:30 Trivia Games 12:00 Lunch 1:30 Walking Club 3:00 Handbell Choir w/ Marie 3:00-4:30 Bridge Club 4:00 Happy Hour w/Suzi 6:30 TV Series: Yellowstone	17 10:00 Walking Club 10:30 Tone It Up Tuesday Workout 11:00 Daily Chronicle & News Discuss 11:15 Hot Topic: Impact of Art 12:00 Lunch 1:00 Strathmore Art Exhibit Outing! 1:30 Walking Club 2:00 Afternoon Matinee: Singing in the Rain 4:00 Happy Hour with Karen 5:00 Dinner 6:30 Murder Mystery: Revenge of the Woodlands Wolf!	18 10:00 Walking Club w/Scavenger Hunt 10:30 Chair Exercise: Tai Chi w/Gena 11:00 Daily Chronicle & News Discuss 11:15 Country of the Month Club: France 11:30 Big Word Little Word 12:00 Lunch 1:30 Walking Club 2:30 Catholic Mass 3:30 VR Cafe 4:00 Happy Hour 5:00 Dinner 6:30 Fiddle Music w/Jeffrey Steinbreg	19 10:00 Walking Club 10:30 Resident Council 11:30 Chair Exercise 12:00 Lunch 1:30 Walking Club 1:30 Just Bead-it with Cindy 2:30 Gena's Auction Alcove 3:30 Documentary: Juneteenth 4:00 Happy Hour w/Bonnie 5:00 Dinner 6:30 Movie Classics: Miss Juneteenth Juneteenth	20 10:00 Walking Club 10:30 Exercise-Friday Flex 11:00 Presentation Stay Sharp with DANA 12:00 Lunch 1:30 Walking Club 2:00 Shabbat Service 2:00 Summer Art Craft 3:00 VR Cafe 4:00 Happy Hour 5:00 Dinner 6:30 Live Music Performance: Susan Jones 6:30 Longest Day for Alzheimer's: Family Bingo Night Summer Begins	21 10:00 Walking Club 10:30 Chair Exercise 11:00 Daily Chronicle, News Discuss & Hot Topic: Makeup 11:15 Pokeno 12:00 Lunch 1:30 Walking Club or Scenic Ride 2:00 K.P. Garden Club 2025 2:00 Art Project 3:00 VR Cafe 4:00 Happy Hour 5:00 Dinner 6:30 Saturday Classics: 12 Angry Men
22 10:00 Walking Club 10:30 Zumba-Chair Exercise w/Gena 11:00 Daily Chronicle & News Discussion 11:15 Make Your Own Jewelry Gems 12:00 Lunch 1:30 Walking Club 2:00 Card Club 3:00 Get Crafty with Gena 4:00 Happy Hour w/Karaoke 5:00 Dinner 6:30 Sunday Cinema: Field of Dreams	23 10:00 Walking Club 10:30 Chair Exercise 10:30 Exercise-Cardio Drumming w/Gena 11:00 Daily Chronicle & News Discussion 11:30 Mixology 101: Iced Espresso Martinis with a Twist 12:00 Lunch 1:30 Walking Club 2:00 Opera w/ Bill 3:00 Handbell Choir w/ Marie 3:00-4:30 Bridge Club 4:00 Happy Hour w/Suzi 5:00 Dinner 6:30 TV Series: Yellowstone	24 Happy Birthday Natalie M! 10:00 Walking Club 10:30 Tone It Up Tuesday Workout 11:00 Daily Chronicle & News Discussion 10:00 Baltimore Museum of Industry Tour & Lunch at Nick's Fish House Outing! 12:00 Lunch 1:30 Walking Club 2:00 Afternoon Matinee: Mamma Mia 4:00 Happy Hour with Karen 5:00 Dinner 6:30 Woodlands Art Exhibition!	25 10:00 Walking Club 10:30 Chair Exercise: Tai Chi w/Gena 11:00 Daily Chronicle & News Discuss 11:30 Big Word Little Word 12:00 Lunch 12:00 Lady's Pizza & Beer Lunch! 1:30 Woodlands Store 2:30 Tech Hour W/ Lakesha 2:30 Catholic Mass 3:30 VR Cafe 4:00 Happy Hour with Local Beer, Wine & Cheese Tasting 5:00 Dinner 6:30 Movie Night: American Graffiti	26 10:00 Walking Club 10:30 Chair Exercise 11:00 Daily Chronicle & News Discuss 11:15 Hot Topic: History of Tea 12:00 Lunch 1:30 Cooking Demo with Chef Morissa! 2:30 Ladies Enchanted Tea Party with Bonnie: Dress to Impress Wear a Hat! 4:00 Happy Hour w/Bonnie 5:00 Dinner 6:30 Movie Classics: Guess Who's Coming to Dinner	27 10:00 Walking Club 10:30 Friday Flex Chair Exercise 11:00 Daily Chronicle & News Discussion 11:15 Hot Topic: The Importance of Trees 12:00 Lunch 1:30 Dr. Jenner: The History of Coffee 3:00 Arbor Day Walking Club 4:00 Happy Hour 5:00 Dinner 6:30 Friday Flicks: Oceans Thirteen	28 10:00 Walking Club 10:30 Chair Exercise 11:00 Daily Chronicle, News Discuss & Hot Topic: Role Models 11:15 Name that Tune Game 12:00 Lunch 1:30 Walking Club 2:00 K.P. Garden Club 2025 3:00 Art Project 4:00 Happy Hour 5:00 Dinner 6:30 Saturday Classics:Some Like it Hot
29 10:00 Walking Club 10:30 Zumba-Chair Exercise w/Gena 11:00 Daily Chronicle & News Discussion 11:15 Hot Topic: The Impact of Technology 12:00 Lunch 1:30 Walking Club 2:00 Card Club 3:00 Fun with Science 3:30 Pokeno 4:00 Happy Hour w/Karaoke 5:00 Dinner 6:30 Sunday Cinema: Stand by Me	30 10:00 Walking Club 10:30 Chair Exercise 10:30 Exercise-Cardio Drumming w/Gena 11:00 Daily Chronicle & News Discussion 11:30 Mixology 101: Mango Daiquiri 12:00 Lunch 1:30 Walking Club 2:00 Opera w/ Bill 3:00 Handbell Choir w/ Marie 3:00-4:30 Bridge Club 4:00 Happy Hour w/Suzi 5:00 Dinner 6:30 TV Series: Yellowstone					

Woodlands Kensington Park Senior Living 3618 Littledale Road Kensington MD 20895